

Navigating the Festive Holidays



Run by and for LGBT+ parents/carers, their children and those considering parenthood living in Greater Manchester.



INTRODUCTION



The holiday season is meant to be full of joy and togetherness, but for many in the LGBT+ community it can be a challenging time. Family members might not be accepting of who you are, or you might not be able to come out to some or all of your family.

These challenges are made worse when friends or colleagues don't realise the potential difficulties LGBT+ people face. They share their excitement about the holidays freely or ask "Did you have a good Christmas!?" when you get back to the office.

Adverts, TV shows, and movies also provide a constant stream of straight, cis-gendered families enjoying the holiday season with loved ones. So it's no wonder many LGBT+ people experience feelings of sadness, stress, and loneliness at this time of year.

Whatever your plans are for the holidays, Proud 2 b Parents are here to offer advice and support to make the holiday season a bit brighter:



If you have any further questions regarding this resource please get in contact with [Proud 2 b Parents](https://www.proud2bparents.co.uk). We look forward to seeing you and your family at some of our meet-ups soon.



THINGS TO CONSIDER

- **Acknowledge your feelings:** It's completely fine not to feel okay! Find comfort in activities that usually bring you peace. Whether it's reading, gaming, or cooking your favourite food, have it all to hand, ready for when you need it.
- **Identify your support system:** Reach out to your chosen family. Connect with people who understand you and accept you for who you are.
- **Explore Community Events:** Seek out LGBT+-friendly events in your area. Meet-ups organised by inclusive communities can provide a safe space to celebrate the season.
- **Volunteering:** If you're feeling isolated, giving your time to a cause you care about can connect you with like-minded people, divert your focus to more positive experiences, and create a sense of belonging.
- **Distract unsupportive family members:** If you are spending time with family members who don't fully accept who you are, activities such as board games or watching films that reduce direct conversation can take the pressure off spending time together.
- **Establish boundaries:** Prioritise your well-being and choose environments where you feel respected and valued. You have the right to say no to social events or situations that make you uncomfortable. Communicate your limits to others beforehand, and don't hesitate to protect yourself from awkward conversations. Plan your exit strategies if you attend events, ensuring you have a way home and a reason to leave if needed.

FINALLY...

- **Stay Safe and Healthy:** While celebrations might encourage fun and relaxation, remember to prioritise your health too through things like practising safer sex and drinking alcohol responsibly.
- **Don't be afraid to ask for help:** If you need someone to talk to, we've listed several organisations you can contact below.

Remember, your feelings are valid, and your well-being matters. By setting boundaries, reaching out to your support network, and prioritising self-care, you can navigate the festive season with resilience and strength.

Whether you celebrate lavishly or keep it low-key, what matters most is that you feel comfortable and supported. Proud 2 b Parents is here to provide resources, support, and a sense of community throughout this festive season and beyond. Wishing you a peaceful and empowering holiday season! 🌈✨

Proud 2 b Parents

07843 913001

www.proud2bparents.co.uk

LGBT+ Foundation

0345 3 30 30 30

<https://lgbt.foundation>

Galop

A helpline for LGBT+ people experiencing abuse or violence, such as hate crime, domestic abuse, or any other kind of abuse.

0800 999 5428

<https://galop.org.uk/>

Switchboard

0800 0119 100

<https://switchboard.lgbt/>

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